

**Table 17. Instruments used**

<b>Outcome Category</b>	<b>References</b>
<b>Physical Activity Behavior</b>	
Godin Leisure-Time Exercise Questionnaire	Godin et al., 1986 <sup>170</sup> Godin & Shepard, 1985 <sup>171</sup>
Exercise Level Rating Scale	Mock et al. 1994 <sup>99</sup> Mock, et al. 1997 <sup>94</sup>
Self-report Diary	Mock et al. 2001 <sup>95</sup> Pickett et al. 2002 <sup>96</sup> Segal et al., 2001 <sup>87</sup>
<b>Cardiorespiratory Fitness, Strength, and Flexibility</b>	
Balke Treadmill Test	American College of Sports Medicine, 2000 <sup>172</sup>
Cycle ergometer test with metabolic measurements and ECG and/or heart rate measures	MacVicar et al., 1989 <sup>88</sup> Bhambhani and Singh, 1985 <sup>173</sup> Courneya et al., 2003 <sup>90</sup> MacVicar et al., 1986 <sup>112</sup>
12 Minute Walk Test	McGavin et al., 1976 <sup>174</sup>
6 Minute Walk Distance	Nieman et al., 1995 <sup>103</sup>
Modified Canadian Aerobic Fitness Test (mCAFT)	Jette et al., 1994 <sup>175</sup>
Standard Load Test	Invergo et al., 1991 <sup>176</sup>
Kin Com computerized testing station	Nieman et al., 1995 <sup>103</sup>
Sit and Reach	Baumgartner & Jackson, 1995 <sup>177</sup>
<b>Fatigue / Tiredness</b>	
Unknown Scale	Berglund et al., 1993 <sup>92</sup> Berglund et al., 1994 <sup>93</sup>
Linear Analog Self-Assessment Measure (LASA) or Symptom Assessment Scales (SAS)	Sutherland et al., 1988 <sup>178</sup>
Functional Assessment of Cancer Therapy-Fatigue (FACT-F)	Yellen et al., 1997 <sup>179</sup>
Profile of Mood Status measure (POMS)	Shacham, 1983 <sup>180</sup> CIPS, 1981 <sup>181</sup> McNair et al., 1971 <sup>182</sup>
Personal interview	Dimeo et al., 1997 <sup>102</sup>
Piper Fatigue Scale	Piper et al., 1998 <sup>183</sup>
<b>Body image / Dissatisfaction</b>	
Unknown scale	Berglund et al., 1993 <sup>92</sup> Berglund et al., 1994 <sup>93</sup>
Linear Analog Self-Assessment Measure (LASA) or Symptom Assessment Scales (SAS)	Sutherland et al., 1988 <sup>178</sup>
Body Image Visual Analogue Scale (BIVAS)	Mock, 1988 <sup>184</sup> Mock, 1993 <sup>185</sup>
Physical Self Subscale of the Tennessee Self-Concept Scale (TSCS)	Roid & Fitts, 1988 <sup>186</sup>
<b>Quality of Life</b>	
Unknown scale	Berglund et al., 1993 <sup>92</sup> Berglund et al., 1994 <sup>93</sup>
QOL Index for Cancer Patients	Padilla et al., 1983 <sup>187</sup>
Functional Assessment of Cancer Therapy-General FACT-G scale	Cella et al., 1993 <sup>188</sup>
Functional Assessment of Cancer Therapy-Breast FACT-B scale	Brady et al., 1997 <sup>189</sup>
FACT-B Breast cancer subscale	Brady et al., 1997 <sup>189</sup>
Medical Outcomes Trust 36-Item Short Form Survey (SF-36)	Ware et al., 1993 <sup>190</sup> Ware & Sherbourne, 1992 <sup>191</sup>
Karnofsky Performance Status scale (KPS)	Mor et al., 1984 <sup>192</sup>
Functional Assessment of Cancer Therapy-Prostate (FACT-P)	Cella, 1997 <sup>193</sup>

**Table 17. Instruments used (continued)**

<b>Outcome Category</b>	<b>References</b>
<b>Confusion</b>	
Linear Analog Self-Assessment measure (LASA) or Symptom Assessment Scales (SAS)	Sutherland et al., 1988 <sup>178</sup>
Profile of Mood Status measure (POMS)	Shacham, 1983 <sup>180</sup> CIPS, 1981 <sup>181</sup> McNair et al., 1971 <sup>182</sup>
<b>Difficulty Sleeping</b>	
Linear Analog Self-Assessment measure (LASA) or Symptom Assessment Scales (SAS)	Sutherland et al., 1988 <sup>178</sup>
<b>Self-Esteem</b>	
Rosenberg Self-Esteem Scale	Rosenberg, 1995 <sup>194</sup> Curbow & Somerfield, 1991 <sup>195</sup>
Tennessee Self-Concept Scale (TSCS)	Roid & Fitts, 1988 <sup>186</sup>
<b>Psychosocial Outcomes</b>	
Unknown scale	Berglund et al., 1993 <sup>92</sup> Berglund et al., 1994 <sup>93</sup>
Happiness Measure	Fordyce, 1988 <sup>196</sup>
Functional Assessment of Cancer Therapy-Breast FACT-B scale	Brady et al., 1997 <sup>189</sup>
Satisfaction with Life Scale (SWLS)	Diener et al., 1985 <sup>197</sup>
Functional Assessment of Cancer Therapy-General FACT-G scale	Cella et al., 1993 <sup>188</sup>
Medical Outcomes Trust 36-Item Short Form Survey (SF-36)	Ware et al., 1993 <sup>190</sup> Ware & Donald-Sherbourne, 1992 <sup>191</sup>
Herth Hope Index (HHI)	Herth, 1992 <sup>198</sup>
PKPCT VII- Semantic Differential Test	Barrett, 1987 <sup>199</sup>
<b>Body Size</b>	
Body Mass Index/Body weight/ height	Measured by all studies
Body fat via Skinfolds	Durin & Womersley, 1974 <sup>200</sup> Grant, 1979 <sup>201</sup> Barale et al., 1981 <sup>202</sup>
Arm fat/muscle area	Frisancho, 1981 <sup>203</sup>
Arm volume	Farncombe et al., 1994 <sup>204</sup>
Waist circumference	American College of Sports Medicine, 2000 <sup>172</sup>
<b>Pain</b>	
Unknown scale	Berglund et al., 1993 <sup>92</sup> Berglund et al., 1994 <sup>93</sup>
Medical Outcomes Trust 36-Item Short Form Survey (SF-36)	Ware et al., 1993 <sup>190</sup> Ware & Donald-Sherbourne, 1992 <sup>191</sup>
<b>Vigor/Vitality</b>	
Linear Analog Self-Assessment measure (LASA) or Symptom Assessment Scales (SAS)	Sutherland et al., <sup>178</sup>
Profile of Mood Status measure (POMS)	Shacham, 1983 <sup>180</sup> CIPS, 1981 <sup>181</sup> McNair et al., 1971 <sup>182</sup>
Medical Outcomes Trust 36-Item Short Form Survey (SF-36)	Ware et al., 1993 <sup>190</sup> Ware & Donald-Sherbourne, 1992 <sup>191</sup>
<b>Symptoms/Side-Effects</b>	
Unknown Scale	Berglund et al., 1993 <sup>92</sup> Berglund et al., 1994 <sup>93</sup>
Symptom Check List (SCL-90-R)	Derogatis, 1977 <sup>205</sup>
Linear Analog Self-Assessment Measure (LASA) or Symptom Assessment Scales (SAS)	Sutherland et al., 1988 <sup>178</sup>

**Table 17. Instruments used (continued)**

<b>Outcome Category</b>	<b>References</b>
<b>Mental /Emotional / Psychological Well-being</b>	
Modified Hospital Anxiety and Depression (HAD) scale	Berglund et al., 1993 <sup>92</sup> Berglund et al., 1994 <sup>93</sup> Zigmond & Snaith, 1983 <sup>206</sup>
Linear Analog Self-Assessment measure (LASA) or Symptom Assessment Scales (SAS)	Sutherland et al., 1988 <sup>178</sup>
Centre for Epidemiological Studies Depression (CES-D) scale	Radloff, 1977 <sup>207</sup>
State-Trait Anxiety Inventory (STAI)	Spielberger et al., 1970 <sup>208</sup>
Functional Assessment of Cancer Therapy-General FACT-G scale	Cella et al., 1993 <sup>188</sup>
Functional Assessment of Cancer Therapy-Breast FACT-B scale	Brady et al., 1997 <sup>189</sup>
Trial Outcome Index (TOI)	Courneya et al., 2003 <sup>90</sup> Fairey et al., 2003 <sup>100</sup>
Mental Adjustment to Cancer Scale (MAC)	Greer & Watson, 1987 <sup>209</sup>
Physical Symptoms Related to Breast Cancer Scale	Berglund et al., 1993 <sup>92</sup> Berglund et al., 1994 <sup>93</sup>
Symptom Check List (SCL-90-R)	Derogatis, 1977 <sup>205</sup>
Profile of Mood Status measure (POMS)	Shacham, 1983 <sup>180</sup> CIPS, 1981 <sup>181</sup> McNair et al., 1971 <sup>182</sup>
Medical Outcomes Trust 36-Item Short Form Survey (SF-36)	Ware et al., 1993 <sup>190</sup> Ware & Donald-Sherbourne, 1992 <sup>191</sup>
Psychological Adjustment to Illness Scale	Derogatis, 1986 <sup>210</sup>
Brief Symptom Inventory	Derogatis & Spencer, 1993 <sup>211</sup>
Beck Depression Inventory	Beck, 1972 <sup>212</sup>